

### 1. GENERAL INFORMATION

DELIVERY MODE			PRICE	VAT	TRAINING HOURS			DURATION
ON-SITE	ONLINE	BLENDED			ON-SITE	ONLINE	TOTAL	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80,00€	Inc.	0h	8h	8h	2 days

Minimum number of participants (n°)	<input type="checkbox"/>	YES	___	<input checked="" type="checkbox"/>	NO
On-demand tutoring (hours)	<input type="checkbox"/>	YES	___	<input checked="" type="checkbox"/>	NO
Videos (n°)	<input type="checkbox"/>	YES	___	<input checked="" type="checkbox"/>	NO
Downloadable resource (n°)	<input checked="" type="checkbox"/>	YES	___	<input type="checkbox"/>	NO
Practical assignments (n°)	<input checked="" type="checkbox"/>	YES	___	<input type="checkbox"/>	NO
Course access	<input type="checkbox"/>	Unlimited		<input checked="" type="checkbox"/>	Limited
Certificate of completion	<input checked="" type="checkbox"/>	YES		<input type="checkbox"/>	NO

### 2. DESCRIPTION

Through this training, participants who successfully complete the course will acquire the basic knowledge required to identify the hazards associated with work at height, as well as the general safety and prevention rules and the application of basic safety principles in the execution of tasks involving the risk of falling from height.

This course alone does not qualify the worker to carry out work at height, as an additional practical training process is mandatory. If this service is contracted with AEOT, once the on-site practical phase has been completed with the worker, the WORK AT HEIGHT COURSE CERTIFICATE (THEORETICAL AND PRACTICAL) will be issued.

### 3. PRIOR KNOWLEDGE

Basic user-level computer skills are required, including basic handling of Microsoft Office tools, internet browsing, and use of email.

This training is theoretical and informative in nature and does not, by itself, authorize practical operation of the equipment. Where applicable, complementary practical training adapted to the specific job position will be required.

### 4. OBJECTIVES

1. To understand the risks and preventive measures associated with work at height, as well as work procedures and the correct use of PPE.
2. To provide the knowledge required to carry out work safely and efficiently, ensuring the physical integrity of the worker, other personnel, and the company's equipment and facilities.
3. To promote a strong safety culture among workers.
4. To teach safe operator behaviours, proper maintenance of equipment, and to professionalize the use of machinery and accessories.
5. To learn how to use mechanisms for the verification, identification, and monitoring of the workplace and its surroundings, as well as for task planning from a preventive perspective.

## 5. TARGET AUDIENCE

- Individuals interested in acquiring knowledge related to this course.
- Workers who are required to carry out work at height.
- Workers who need to use mobile elevating work platforms.
- Engineers, designers, prevention technicians, and maintenance managers.

## 6. TRAINING MODULES

MODULE	DESCRIPTION
1	INTRODUCTION TO WORKING AT HEIGHTS
2	IDENTIFICATION AND RISK ASSESSMENT
3	PERSONAL PROTECTIVE EQUIPMENT (PPE)
4	ASCENT AND DESCENT TECHNIQUES
5	WORKPLACE SAFETY
6	HEIGHT RESCUE
7	ENVIRONMENTAL CONDITIONS
8	COMMUNICATION AND TEAMWORK
9	PRÁCTICAL EXERCISES AND DRILLS
10	ASSESSMENT AND CERTIFICATION
11	ACTION IN CASE OF AN ACCIDENT
12	THE PAS METHOD
13	SUMMARY

## 7. METHODOLOGY

- Students who have completed enrolment through the payment platform will receive access credentials to the academy, where they will be able to take the course.
- As this is an e-learning program, students may adapt their pace and daily schedule to their individual needs.
- It will be verified that the student has viewed all course contents within the course duration and has successfully completed the tasks or exercises proposed throughout the course.
- To obtain the certificate of completion, the student must have passed the assessments included in the course, as well as submitted and successfully completed any additional exercises that may be assigned by the course tutor, where applicable.
- Before completing the course, students must fill out a satisfaction survey as part of the continuous improvement process for the quality of the training actions offered on the training platform. The survey will be available during the final days of the course.
- The courses offered are open in nature and may be adapted to the specific needs of a company's technical staff. Please request a customized proposal if you require a more in-depth approach or adaptation of the syllabus.

## 8. TRAINER

- Vicente Quiñonero Moreno
  - Bachelor's Degree in Naval Engineering – Average Adjuster – Appraisal Expert – Senior Technician in Occupational Risk Prevention.

## 9. SUBSIDIZED TRAINING

- Certain training programs may be eligible for subsidies if they comply with the requirements established by the State Foundation for Employment Training (FUNDAE).
- Subsidies for active workers: if desired, our courses may be fully or partially financed through the bonus system of the State Foundation for Employment Training (FUNDAE).
- VQM is an entity registered in the State Register of Training Entities to deliver, within the framework of Company-Organized Training, vocational training for employment that is different from the training specialties included in the Catalogue of Training Specialties, in accordance with the provisions of Law 30/2015 of September 9.
- VQM manages the training subsidies.
- To benefit from the subsidies, it is necessary to follow the instructions provided on **the FUNDAE website**.